

DINNERLY



Reduced-Carb Chicken and Pear Salad with Walnuts and Caramelised Onion



30 minutes



2 Servings

Sweet pears and peppery rocket are a match made in heaven. Toss with juicy pan-fried chicken, caramelised onion and crunchy walnuts for a healthy main-course salad that's loaded with flavour.

- 1 red onion
- 1 carrot
- 1 pear
- free-range chicken tenderloins
- 20g walnuts ¹⁵
- 100g rocket leaves

WHAT YOU NEED

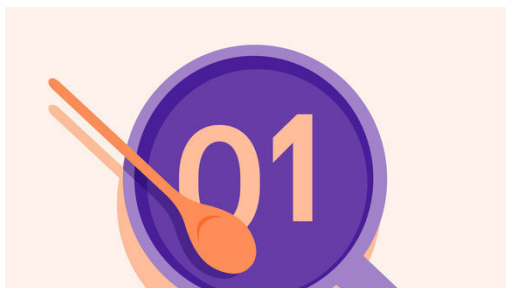
- 2½ tbs olive oil
- 1 tbs white wine vinegar ¹⁷
- 2 tsp wholegrain mustard ¹⁷
- ½ tsp honey

- vegetable peeler
- small frypan
- medium frypan

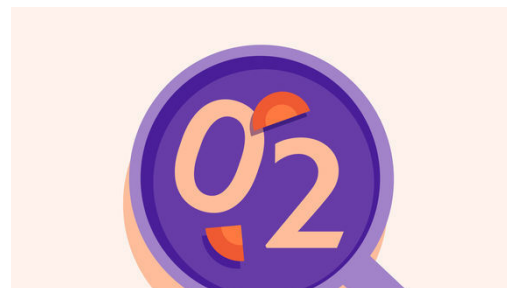
ALLERGENS

NUTRITION PER SERVING

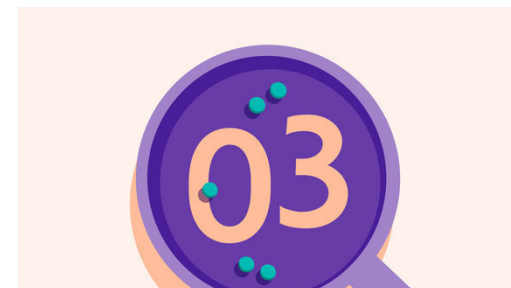
Energy 515kcal, Fat 30.4g, Carbs 15.7g,
Proteins 38.3g



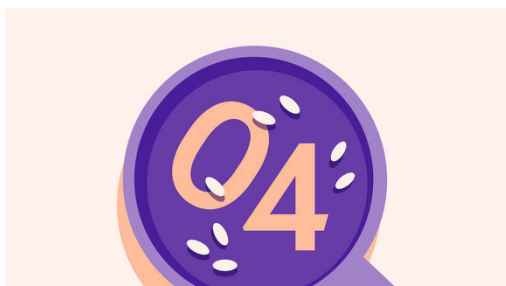
Thinly slice the **onion**. Peel the **carrot**, then peel into ribbons with a vegetable peeler. Cut **half the pear*** into thin wedges. Season the **chicken** generously with **salt and pepper**.



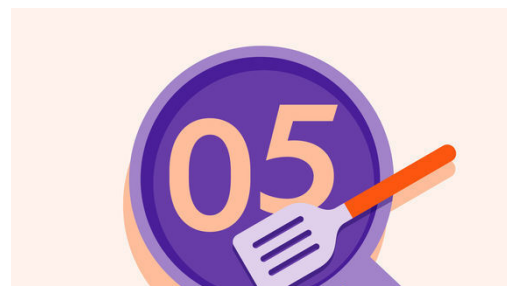
Heat **2 tsp olive oil** in a small frypan over medium heat. Cook the **onion**, stirring, for 4 mins or until softened. Add **1 tsp white wine vinegar**, season with **salt and pepper**, then reduce the heat to medium-low and cook, stirring, for 4 mins or until caramelised. Remove from the pan. Cook the **pear** in the pan for 1-2 mins each side until golden. Remove the pan from the heat.



Meanwhile, put the **walnuts** in a cold medium frypan (see Kitchen 101) over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan.



Heat **2 tsp olive oil** in the same pan over medium-high heat. Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove the pan from the heat. Meanwhile, put **1½ tbs olive oil**, **3 tsp white wine vinegar**, **2 tsp wholegrain mustard** and **½ tsp honey** in a large bowl, season with **salt and pepper** and stir to combine.



Coarsely chop the **walnuts**. Slice the **chicken**. Add the walnuts, chicken, **caramelised onion**, **carrot**, **pear** and **rocket** to the dressing and gently toss to combine. Divide the **salad** among bowls and enjoy.



Starting with a cold pan ensures the nuts toast evenly and prevents them burning.



**Packed in Australia
from at least 95%
Australian ingredient.**